

Work Life Training Calendar by Date for FY2006

[Go To Class Descriptions](#)

December 2005:

December 27 & 28, 2005 Red Cross Babysitter Class, 0900-1200 Work Life Training Room

January 2006:

January Dates 10,12,17,19,24,26, 2006 Tobacco Cessation Classes, 1530-1630 Work Life Training Room
January 28, 2006 Baby Basics Support Class, 1000-1400 Northern Lights Recreation Training Room

February 2006:

February 8, 2006 Smooth Move Workshop, 1330-1600 Golden Anchor
February 15, 16 & 17, 2006 VA Individual Medical Record Appointments, 0800-1630 by Appointment
February 17, 2006 TAP Benefits Brief Day, 0900-1630 Golden Anchor
February 21, 22 & 23, 2006 TAP Career Workshop, 0800-1630 Golden Anchor

March 2006:

March 8, 2006 Smooth Move Workshop, 1330-1600 Golden Anchor
March 25, 2006 Ombudsman Conference Training, 0930-1430, PAC Building (POC LCDR Collins)

April 2006:

April 12, 2006 Smooth Move Workshop, 1330-1600 Golden Anchor
April Dates TBA Tobacco Cessation Classes, 1530-1630 Work Life Training Room

May 2006:

No Classes Scheduled to Date

June 2006:

June 26-30, 2006 Unit Health Promotion Coordinator Class

July 2006:

July Dates TBA Tobacco Cessation Classes, 1530-1630 Work Life Training Room

August 2006:

August 4, 2006 TAP Benefits Brief Day, 0900-1630 Golden Anchor
August 7, 8 & 9, 2006 TAP Career Workshop, 0800-1630 Golden Anchor
August 2, 3 & 4, 2006 VA Individual Medical Record Appointments, 0800-1630 by Appointment
August 16, 2006 Newcomer's Welcome Aboard Fair, 1000-1500 Golden Anchor

September 2006:

September Dates TBA Unit Fitness Leader Class, 0800-1630 Northern Lights Recreation Training Room

ISC Work Life Training Courses Descriptions

Annual Work Life Conference:

Summary of Work Life programs given by local program experts, question and answer, case studies. Required once per tour for Commanding Officers and Executive Officers, all Team Kodiak leadership cadre are invited. Given by ISC Kodiak's Work Life Staff, contact Ms. Collette Francisco to sign up, 487-5525x272, or Collette.E.Francisco@uscg.mil.

Annual Work Life Ombudsman Conference:

Summary of Work Life programs given by local program experts, question and answer, case studies. Held once or twice per year to brief all new Ombudsmen on programs and update all Ombudsmen to new information. Given by ISC Kodiak's Work Life Staff, contact LCDR Laura Collins to sign up, 487-5525x270, or Laura.D.Collins@uscg.mil.

Baby Basics Support Class:

Support class for first time parents. Panel is available to discuss issues along with adjusting to new life with children and babies. Topics include self care, sleeping habits, colic, breast feeding vs formula, first aid, baby proofing, immunization schedule and early childhood development. For more information or to sign up contact Collette Francisco, 487-5525x272, or Collette.E.Francisco@uscg.mil.

Command Financial Specialist Training:

Open to military/civilian personnel. USCG-HQ-approved option for CFS training, presented by First Command Educational Foundation. Focus on the basics of financial management, attendees will develop, practice, and fine-tune their counseling skills. Graduates will be able to provide financial counseling to Shipmates at their units. To sign up for class or confirm dates if not listed below contact the Employee Assistance Program Coordinator, at 487-5525 x276 or John.F.Eaton@uscg.mil.

Career, Options, Skills Evaluation (COSE Mid-Career Seminar):

Open to military personnel. Focus is toward preparing mid-career active duty personnel for the second half of your military career. Ideal for enlisted members with 8 to 14 years of service, one seminar held per year if funded is available. To sign up for classes or confirm dates contact the Transition – Relocation Manager at 487-5525 x275 or Debbie.J.Bower@uscg.mil.

Critical Incident Stress Management (CISM) - Basic Course & Individual Crisis/Peer Support Course:

Open to military/civilian/spouses. Basic Course is two days of training for basic group crisis intervention skills. Peer Support Course is two days of training for individual crisis intervention. Advanced is two days of training in advance crisis intervention skills. To sign up for class or confirm dates if not listed below contact the Employee Assistance Program Coordinator at 487-5525 x276 or John.F.Eaton@uscg.mil.

Indoor Rock Climbing Class for Parents and Children:

Open to parents with children age 10yrs & up, limited sign ups available. To sign up for class or confirm class dates if not listed contact the Health Promotion Manager at 487-5525 x275 or Jody.L.Carman@uscg.mil.

Newcomers Welcome Aboard Fair:

Open to all new military and civilian personnel and their entire family. This is a trade show style event of community and base resources hosted by Morale, Well-Being and Recreation (MWR). Booths consist of local community companies and services and also services available on base. This is a fun event for the entire family, children welcome. One day event, open attendance, sign-up is not required.

Red Cross Babysitter's Course:

Open to children of military and civilian employees. Qualification course to become a Red-Cross Certified Babysitter and be placed on the ISC approved babysitter's list. To sign up for class or confirm class dates if not listed contact the Family Resource Specialist at 487-5525 x274, or Karen.A.Perkins@uscg.mil.

Smooth Move Workshops:

Open to all military personnel and spouses on PCS orders out of Kodiak. Class is designed as a one stop shopping experience to help provide the most current information and resources to assist members with their move. Information is presented on relocation, housing, transportation, and pay entitlements. To sign up for classes contact the Transition – Relocation Manager at 487-5525 x275 or Debbie.J.Bower@uscg.mil.

Suicide Awareness and Prevention Training:

Annual 60-90 minute training required by COMDTINST 1734.1 for all military members, and required within 90 days for first-term personnel by the PACAREA People Plan, PACAREAINST 5357.2. To schedule a unit class contact the Employee Assistance Program Coordinator at 487-5525 x276 or John.F.Eaton@uscg.mil.

Tobacco Cessation Class:

Open to military/civilian/military family members. To sign up for class or confirm class dates if not listed contact the Health Promotion Manager at 487-5525 x275 or Jody.L.Carman@uscg.mil.

Transition - Retirement Seminar (TAP):

This class is divided into three sections. Individuals may sign up to attend any or all portions of this seminar. Open to all military personnel within 2 years of being retirement eligible and their spouses and all military/reserve/national guard personnel that are departing from active duty and their spouses. **Note: On Kodiak other military personnel and spouses may request to attend on a space available basis regardless of years in service.** To sign up for class or schedule and appointment contact the Transition – Relocation Manager at 487-5525 x275 or Debbie.J.Bower@uscg.mil.

Unit Fitness Leader Course:

Open to military members only, max of 20 per class. To sign up for class or confirm class dates if not listed contact the Health Promotion Manager at 487-5525 x275 or Jody.L.Carman@uscg.mil.

Your Credit Counts Workshop:

Open to military/reserve/civilian/retirees/and family. Workshop covers: your income and your choices, financial institutions, managing credit, strategies for wealth building, a roof over your head, basics of market economy. To sign up for class or confirm dates if not listed below contact the Employee Assistance Program Coordinator, at 487-5525 x276 or John.F.Eaton@uscg.mil.

[Return To Class Calendar](#)